



Conversion d'Unités

Course à Pied



Retrouve les correspondances entre les vitesses et allures en course à pied

Vitesse (km/h)	Allure (min/km)	Split (sec/100m)
6	10:00	60.0
6.25	09:36	57.6
6.5	09:14	55.4
6.75	08:53	53.3
7	08:34	51.4
7.25	08:17	49.7
7.5	08:00	48.0
7.75	07:45	46.5
8	07:30	45.0
8.25	07:16	43.6
8.5	07:04	42.4
8.75	06:51	41.1
9	06:40	40.0
9.25	06:29	38.9
9.5	06:19	37.9
9.75	06:09	36.9
10	06:00	36.0
10.25	05:51	35.1
10.5	05:43	34.3
10.75	05:35	33.5
11	05:27	32.7
11.25	05:20	32.0
11.5	05:13	31.3
11.75	05:06	30.6

Vitesse (km/h)	Allure (min/km)	Split (sec/100m)
12	05:00	30.0
12.25	04:54	29.4
12.5	04:48	28.8
12.75	04:42	28.2
13	04:37	27.7
13.25	04:32	27.2
13.5	04:27	26.7
13.75	04:22	26.2
14	04:17	25.7
14.25	04:13	25.3
14.5	04:08	24.8
14.75	04:04	24.4
15	04:00	24.0
15.25	03:56	23.6
15.5	03:52	23.2
15.75	03:49	22.9
16	03:45	22.5
16.25	03:42	22.2
16.5	03:38	21.8
16.75	03:35	21.5
17	03:32	21.2
17.25	03:29	20.9
17.5	03:26	20.6
17.75	03:23	20.3

Vitesse (km/h)	Allure (min/km)	Split (sec/100m)
18	03:20	20.0
18.25	03:17	19.7
18.5	03:15	19.5
18.75	03:12	19.2
19	03:09	18.9
19.25	03:07	18.7
19.5	03:05	18.5
19.75	03:02	18.2
20	03:00	18.0
20.25	02:58	17.8
20.5	02:56	17.6
20.75	02:53	17.3
21	02:51	17.1
21.25	02:49	16.9
21.5	02:47	16.7
21.75	02:46	16.6
22	02:44	16.4
22.25	02:42	16.2
22.5	02:40	16.0
22.75	02:38	15.8
23	02:37	15.7
23.25	02:35	15.5
23.5	02:33	15.3
23.75	02:32	15.2